

Does the thought of the  
**FLU** have **YOU** feeling **BLUE**?

THERE ARE 3 SIMPLE THINGS YOU CAN DO!



WASH  
your hands  
**REGULARLY**  
with **SOAP**

**MUFFLE**  
your **COUGHS**  
and **SNEEZES**  
(use your sleeve or a tissue!)



**GO HOME!**  
if you feel **SICK**



A message from:



Bureau of Health

AMERICAN  
LUNG  
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For more information visit [mainepublichealth.gov](http://mainepublichealth.gov).